

Ringkasan

Hubungan Antara Rasa dan Penampilan Makanan dengan Sisa Makanan Pasien di RSUD dr. Soeselo Kabupaten Tegal

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Salah satu Standar Pelayanan Minimal Rumah Sakit pada pelayanan gizi adalah sisa makanan yang tidak dihabiskan oleh pasien sebanyak $\leq 20\%$. Dari data sebelumnya, data sisa makanan pasien di RSUD dr Soeselo Kabupaten Tegal sebanyak 35%. Tujuan dari penelitian ini adalah mengetahui hubungan antara rasa dan penampilan makanan dengan sisa makanan pasien di RSUD dr. Soeselo Kabupaten Tegal.

Jenis penelitian ini merupakan penelitian observasional menggunakan desain cross sectional. Penelitian dilakukan pada bulan Nopember sampai Desember 2017 dengan jumlah responden sebanyak 50 orang dari ruang Bougenville dan ruang Nusa Indah. Data yang dikumpulkan berupa data primer melalui observasi langsung dan wawancara menggunakan kuesioner. Data yang diperoleh dianalisis menggunakan uji chi square dan uji fisher exact.

Hasil dari penelitian ini sebanyak 72 % responden berjenis kelamin perempuan dengan usia antara 17 sampai 59 tahun. Rata – rata sisa makanan adalah 18,33% dengan perincian makanan pokok 18,16 %, lauk hewani 14,5 %, lauk nabati 20,5% dan sayur 20,16 %. Apabila dilihat dari waktu makan, menunjukkan proporsi sisa makan pagi 23,75 %, sisa makan siang 15,4%, dan sisa makan malam adalah 15,87%. Berdasarkan sedikit banyaknya sisa makanan, responden yang meninggalkan sisa $> 20\%$ adalah 36% dan yang meninggalkan sisa $\leq 20\%$ adalah 64 %. Untuk penilaian rasa makanan sebanyak 26% mengatakan rasa makanan yang disajikan tidak enak dan 74 % responden mengatakan rasa makanan yang disajikan enak. Penampilan makanan menurut 32% responden tidak menarik dan menurut 68 % responden menarik. Ada hubungan antara rasa makanan dengan sisa makanan ($p = 0,043$). Ada hubungan antara penampilan dengan sisa makanan ($p = 0,001$).

Kata kunci : Rasa makanan, Penampilan makanan, Sisa makanan.

Abstract

The Relationship of Between Flavor and Food Appearance With Food Remnants Patients in RSUD dr.Soeselo Kabupaten Tegal

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One of the Hospital Minimum Service Standards in nutrition service is food waste that is not spent by patients as much as $\leq 20\%$. From the previous data, the patient's food waste data in RSUD dr Soeselo Tegal Regency was 35%. The purpose of this research is to know the relation between taste and appearance of food with patient waste in dr. Soeselo Kabupaten Tegal.

This type of research is an observational research using cross sectional design. The study was conducted from November to December 2017 with 50 respondents from the Bougenville Room and Nusa Indah Room. Data collected in the form of primary data through direct observation and interview using questionnaire. The data obtained were analyzed using chi square test and fisher exact test.

The results of this study as much as 72% of respondents female sex with age between 17 to 59 years. Average food waste was 18.33% with 18.16% staple food detail, 14.5% animal side dishes, vegetable side dishes 20.5% and vegetables 20.16%. When viewed from mealtimes, the proportion of the remaining breakfast is 23.75%, the remaining lunch is 15.4%, and the rest of the dinner is 15.87%. Based on the small amount of leftover food, the respondents who left the remaining $> 20\%$ were 36% and those leaving the remaining $\leq 20\%$ were 64%. For food taste assessment as much as 26% said the taste of food served is not good and 74% of respondents said the taste of food served delicious. Appearance of food by 32% of respondents is not interesting and according to 68% of respondents interesting. There is a relationship between the taste of food and the rest of the food ($p = 0,043$). There is a relationship between appearance and the rest of the food ($p = 0,001$).

Keywords: *Food taste, Food appearance, Food left*